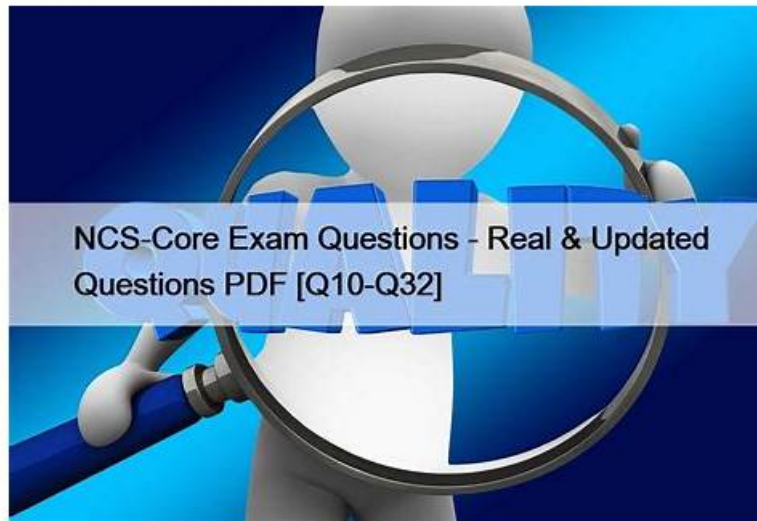


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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q71-Q76):

NEW QUESTION # 71

Which of the following herbal remedies might you suggest to a client for migraine headaches?

- A. bilberry
- B. celery seed
- C. ginkgo biloba
- D. feverfew

Answer: D

Explanation:

Among the herbal remedies listed, feverfew is suggested as the most suitable for managing migraine headaches. This recommendation is supported by substantial scientific research, which indicates that feverfew not only helps in treating but also in preventing migraine attacks.

Feverfew, a medicinal plant with a long history of use in European folk medicine, has been traditionally employed not just for migraines but also for conditions such as arthritis and fevers. The primary active ingredients in feverfew, such as parthenolide and other sesquiterpene lactones, are believed to contribute to its therapeutic effects. These compounds can help in reducing inflammation, which is a significant factor in migraine headaches, and inhibit the release of serotonin and prostaglandins, which are involved in the migraine process.

The efficacy of feverfew in migraine prevention has been evidenced in several clinical trials, where it has been shown to decrease the frequency of migraines in some individuals. Regular consumption of feverfew as a prophylactic treatment has helped many patients reduce the number of migraine attacks, as well as their severity.

It is important to note that while feverfew is generally considered safe, it should be used cautiously. As with any herbal supplement, potential interactions with other medications and side effects are possible. Common side effects include gastrointestinal disturbances, and there is also a risk of allergic reactions. Therefore, it is advisable to consult with a healthcare provider before starting any new treatment regimen, including herbal remedies like feverfew.

In contrast, other herbs mentioned such as ginkgo biloba, celery seed, and bilberry, while beneficial for other health issues, do not have substantial evidence supporting their use in migraine treatment specifically. Ginkgo biloba is more commonly associated with cognitive enhancement and circulation improvement, celery seed with anti-inflammatory properties and blood pressure reduction, and bilberry with eye health and blood circulation improvements. Hence, when specifically addressing migraine headaches, feverfew stands out as the most supported herbal remedy among those listed.

NEW QUESTION # 72

A guided goal setting intervention called EatFit using computer technology with middle school adolescents in various school and community settings uses constructs of SCT to improve eating and fitness choices. These goals were reinforced through lessons that focused on all of the following except:

- A. self-regulation
- B. verbal encouragement
- C. learning to read food labels
- D. only using input from the adolescent

Answer: D

Explanation:

The question presents a scenario where a guided goal-setting intervention named EatFit, utilizes computer technology to influence the eating and fitness choices of middle school adolescents. The intervention is built on the constructs of Social Cognitive Theory (SCT), which emphasizes observational learning, self-efficacy, and behavioral reinforcements. The question asks which of the listed focus areas was not emphasized during the lessons that were part of the EatFit intervention.

Let's analyze the options given: 1. **Learning to read food labels** - This option is likely included as part of the intervention.

Reading food labels is a practical skill that can directly influence one's dietary choices, aligning well with the goals of improving eating habits. 2. **Only using input from the adolescent** - This option seems inconsistent with the SCT framework, which often involves social influences and guidance from others (such as teachers or peers). Solely relying on the adolescent's input could limit the effectiveness of the intervention by not incorporating a broader perspective or expert guidance. 3. **Verbal encouragement** - Verbal encouragement fits well within the SCT framework as it can enhance self-efficacy and motivation. Positive reinforcement through encouragement can help adolescents feel supported in achieving their dietary and fitness goals. 4. **Self-regulation** - Teaching self-regulation skills is a core aspect of SCT as it helps individuals control their behaviors and maintain changes over time. Skills like setting personal goals, monitoring progress, and adjusting behaviors are crucial for long-term adherence to healthy eating and fitness habits.

Given these analyses, the option "only using input from the adolescent" is the least likely to be reinforced through the lessons in the EatFit intervention. This approach would contradict the collaborative and guided nature of SCT-based interventions, which typically involve inputs from multiple sources including peers, educators, and guided self-assessment. Instead, effective interventions would integrate advice from knowledgeable sources, peer interactions, and guided self-reflection to encourage broader learning and sustainable behavior change.

NEW QUESTION # 73

The homeopathic principle that is the systematic verification of the law of similars is which of the following?

- A. repertory principle

- B. law of proving
- C. potency theory
- D. material medica

Answer: B

Explanation:

The correct answer to the question regarding the homeopathic principle that systematically verifies the law of similars is the "law of proving." The law of proving is a foundational concept in homeopathy that serves to empirically test the law of similars, which is a central doctrine in homeopathic medicine. This law posits that substances capable of causing certain symptoms in healthy individuals can, when administered in small, diluted amounts, treat similar symptoms in sick individuals.

In the process of proving, a substance is administered to a group of healthy volunteers who have not been exposed to the substance before. These individuals then meticulously record any changes in their health, emotions, thoughts, and physical condition. The purpose of this exercise is to observe and document the symptoms that the substance can produce.

These recorded symptoms are compiled and analyzed to determine which are common and significant among the volunteers. Such symptoms are considered indicative of the substance's therapeutic potential according to the principle of similars. This systematic collection of symptoms from provings forms a vital part of the homeopathic materia medica—the comprehensive reference of remedies and their effects used by homeopaths to match a patient's symptoms with a corresponding remedy.

Therefore, the law of proving not only verifies but also enriches the understanding and application of the law of similars by providing a methodical and empirical basis for identifying the therapeutic properties of substances used in homeopathy. This, in turn, enhances the precision and effectiveness of homeopathic prescriptions.

NEW QUESTION # 74

Which of the following are true about nutritional status?

- A. is not reflected in one's appearance
- B. is determined by hereditary factors
- C. can affect the body's ability to resist disease
- D. it never changes

Answer: C

Explanation:

To answer the question regarding which statements about nutritional status are true, let's analyze each statement provided:

"It never changes" - This statement is false. Nutritional status is not static; it can change due to various factors such as diet, health conditions, age, and lifestyle. For example, a person's nutritional status can improve with a balanced diet rich in vitamins and minerals or deteriorate due to a poor diet or disease.

"Can affect the body's ability to resist disease" - This statement is true. Nutritional status has a significant impact on the immune system. A well-nourished body is more capable of fighting off infections and diseases because it has the necessary resources to maintain a robust immune response. Conversely, malnutrition can weaken the immune system, making the body more susceptible to infections.

"Is determined by hereditary factors" - This statement is partially true. While genetic factors can influence aspects of nutritional status, such as predispositions to absorb certain nutrients more efficiently or risks for certain metabolic disorders, it is not solely determined by heredity. Environmental factors, dietary choices, and lifestyle also play critical roles in shaping one's nutritional status.

"Is not reflected in one's appearance" - This statement is false. Often, nutritional status can be reflected in one's physical appearance. Signs of poor nutrition might include dull hair, brittle nails, poor skin condition, and general lethargy. Conversely, good nutrition is often evident through a healthy appearance and vitality. However, it's important to note that appearances alone can be deceptive, as some individuals may not show visible signs of nutritional deficiencies or excesses.

In summary, the statement that nutritional status can affect the body's ability to resist disease is true and critical to understand.

Nutritional status is dynamic and influenced by a combination of genetic, dietary, and environmental factors, and it often manifests in one's physical appearance. Recognizing the importance of nutrition in disease prevention and overall health is essential for making informed decisions about diet and lifestyle.

NEW QUESTION # 75

What do all eating disorders have in common?

- A. Irrational fear.
- B. Obsessive dieting.
- C. Binging.

- D. Laxative abuse.

Answer: A

Explanation:

Eating disorders, a group of conditions marked by severe disturbances in eating behaviors and related thoughts and emotions, have one common thread irrespective of their type: the presence of an irrational fear. This fear is typically centered around body image, weight, and food, and drives the disordered eating behaviors seen across various eating disorders. The fear can manifest as a dread of gaining weight, an extreme desire to lose weight, or a distorted perception of body weight and shape, leading to harmful behaviors in an attempt to manage these fears.

The irrational fear experienced by individuals with eating disorders often leads to attempts to control or "manage" this fear through various means, which manifest differently depending on the specific disorder. For example, in anorexia nervosa, this might involve extreme restriction of calorie intake and obsessive exercise; in bulimia nervosa, it could involve episodes of binge eating followed by purging through vomiting or laxative abuse; in binge eating disorder, it might manifest as episodes of excessive eating without compensatory behaviors. The commonality across all these behaviors is the underlying fear and the attempt to exert control over it. It is crucial to understand that while other symptoms such as bingeing, laxative abuse, or obsessive dieting are indicative of specific eating disorders, the element of irrational fear is a universal aspect that underlies all these disorders. This fear is not just about food or weight but often involves deeper psychological issues such as low self-esteem, perfectionism, or coping with emotional stress, which need to be addressed to effectively treat the disorder.

In contrast to the other symptoms listed, which are specific to certain types of eating disorders, irrational fear is the fundamental psychological component that pervades all forms of these conditions. Recognizing and treating this fear is essential in helping individuals recover, as it is often the driving force behind the disordered eating behaviors. Treatment approaches typically involve a combination of psychotherapy, nutritional education, and medical support, aimed at addressing both the physical and psychological aspects of the disorder.

NEW QUESTION # 76

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